

Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 2/27/2023 8:37:52 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/01/2023			
ELEMENTARY LUNCH	Total	1	
CHICKEN TENDER - TYSON	3 PIECES	1	15.6
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	2.86
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
ROLLS - NO EGGS	SERVINGS	1	23.19
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.49
% of Calories			60.1%
Nutrient Guideline			

Thu - 03/02/2023			
ELEMENTARY LUNCH	Total	1	
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SERVING	1	2.13
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	23.0
HASHBROWN PATTY:1/2 CUP	2 EACH	1	27.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
KETCHUP : P/C	PC	1	10.12
SALSA PICANTE	1 OZ	1	1.4
JELLY: VARIETY PACK	PC	1	9.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			120.53
% of Calories			53.5%
Nutrient Guideline			

Fri - 03/03/2023			
ELEMENTARY LUNCH	Total	1	
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
JELL-O	GEL CUP	1	25.0
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			116.96
% of Calories			51.4%
Nutrient Guideline			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 2

Generated on: 2/27/2023 8:37:52 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 03/06/2023			
ELEMENTARY LUNCH	Total	1	
POPCORN CHICKEN: FR100	10 PIECES	1	17.57
SMILE FRIES	SERVINGS	1	25.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEARS, DICED, CANNED	1/2 CUP	1	16.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
TWIN BAR, WG	SERVINGS	1	43.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			178.48
% of Calories			56.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 03/07/2023			
ELEMENTARY LUNCH	Total	1	
SOFT FLOUR TACO: ELE	servings	1	19.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.94
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
GRAHAM, TIGER BITES ORIGINAL	SERVINGS	1	21.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.74
% of Calories			49.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/08/2023			
ELEMENTARY LUNCH	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.34
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, TURKEY	1/4 Cup	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
ROLLS - NO EGGS	SERVINGS	1	23.19
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			95.02
% of Calories			57.7%
Nutrient Guideline			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 3

Generated on: 2/27/2023 8:37:52 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 03/09/2023			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	8.2
COOKIE, COWBOY	1 oz.	1	29.34
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			122.29
% of Calories			54.8%
Nutrient Guideline			

Fri - 03/10/2023			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
DINNER SALAD	1 CUP	1	7.49
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			105.96
% of Calories			49.3%
Nutrient Guideline			

Tue - 03/21/2023			
ELEMENTARY LUNCH	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.94
SALSA PICANTE	1 OZ	1	1.4
APPLE FILLED DONUT	SERVINGS	1	33.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			155.11
% of Calories			45.0%
Nutrient Guideline			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 4

Generated on: 2/27/2023 8:37:53 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/22/2023			
ELEMENTARY LUNCH	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	0.37
CORN 1/2 CUP	1/2 CUP	1	15.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	23.0
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			108.87
% of Calories			53.1%
Nutrient Guideline			

Thu - 03/23/2023			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 1/2 C	1/2 C SERVING	1	2.5
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	8.2
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	22.59
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			110.78
% of Calories			53.0%
Nutrient Guideline			

Fri - 03/24/2023			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
DINNER SALAD	1 CUP	1	7.49
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			105.96
% of Calories			49.3%
Nutrient Guideline			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 5

Generated on: 2/27/2023 8:37:53 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 03/27/2023			
ELEMENTARY LUNCH	Total	1	
HAMBURGER 100% BEEF :ELE	PATTY	1	21.1
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
PICKLE:, CHIPS	1 OZ.	1	1.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEARS, DICED, CANNED	1/2 CUP	1	16.0
CHOCOLATE CHIP COOKIES	1 EACH	1	13.49
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			131.20
% of Calories			51.3%
Nutrient Guideline			

Tue - 03/28/2023			
ELEMENTARY LUNCH	Total	1	
TACO SOUP	1 CUP	1	21.65
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.94
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			119.63
% of Calories			43.3%
Nutrient Guideline			

Wed - 03/29/2023			
ELEMENTARY LUNCH	Total	1	
CHICKEN TENDER - TYSON	3 PIECES	1	15.6
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	2.86
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
ROLLS - NO EGGS	SERVINGS	1	23.19
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.49
% of Calories			60.1%
Nutrient Guideline			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 6

Generated on: 2/27/2023 8:37:53 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 03/30/2023			
ELEMENTARY LUNCH	Total	1	
DUTCH WAFFLE	1 EACH	1	43.0
SAUSAGE LINK - CLOVERDALE	2 LINKS	1	2.02
HASHBROWN PATTY:1/2 CUP	2 EACH	1	27.0
STRAWBERRIES, SLICED, FZ,	.5 CUP	1	23.0
JUICE, PARADISE PUNCH	CARTON	1	13.9
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			156.05
% of Calories			52.8%
Nutrient Guideline			

Fri - 03/31/2023			
ELEMENTARY LUNCH	Total	1	
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
JELL-O	GEL CUP	1	25.0
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			116.96
% of Calories			51.4%
Nutrient Guideline			

Weighted Average			125.03
			52.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	125.03	52.11%						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.